

PROGRAM INFORMATION:

Program Title:	Kings View Behavioral Health Mental Health Services Peer/Family Support Wellness Center (Blue Sky)	Provider:	Kings View Behavioral Health
Program Description:	A prevention and early intervention peer centered wellness and recovery focused program.	MHP Work Plan:	2-Wellness, recovery, and resiliency support
Age Group Served 1:	ADULT	Dates Of Operation:	January 2016 – June 30, 2021
Age Group Served 2:	TAY	Reporting Period:	July 1, 2015 - June 30, 2016
Funding Source 1:	Prevention (MHSA)	Funding Source 3:	Choose an item.
Funding Source 2:	Early Intervention (MHSA)	Other Funding:	

Current contract is effective January 1, 2016 through June 30, 2016; however this report includes information from July 1, 2015 through December 31, 2015 also to cover a full 12-month reporting period. Effective July 1, 2016, the Agreement shall continue for an additional three (3) year term upon the same terms and conditions. After three (3) years, the Agreement may be renewed for up to two (2) additional, successive twelve (12) month periods upon the same terms and conditions.

FISCAL INFORMATION:

Program Budget Amount:	\$1,016,150.00	Program Actual Amount:	\$917,374.70
Number of Unique Clients Served During Time Period:	796		
Number of Services Rendered During Time Period:	23,081 Program Check-Ins, 10,077; Group Check-ins		
Actual Cost Per Client:	\$1,152.48		

CONTRACT INFORMATION:

Program Type:	Contract-Operated	Type of Program:	
Contract Term:	3 years + 2 optional = 5 years	For Other:	Prevention and Early Intervention
		Renewal Date:	July 1, 2021
Level of Care Information Age 18 & Over:	Medium Intensity Treatment (caseload 1:22)		
Level of Care Information Age 0- 17:	Medium Intensity Treatment (caseload 1:22)		

TARGET POPULATION INFORMATION:

Target Population: Fresno County residents 18 years and older, including the unserved and underserved cultural, ethnic, and linguistic communities. Clients will participate in peer support driven wellness and recovery activities through education, socialization, life skills building (including independent living), recreational activities, employment supports, and vocational services. This includes individuals with early onset and/or chronic mental illness, co-occurring issues,

chronic homelessness, and anyone seeking support for their wellness and recovery. These client driven services are provided for Transitional Age Youth (TAY- now 16-24 years of age at “The Warehouse”); Adults 25-59 years and Older Adults 60 plus years. Blue Sky has averaged 100 consumers or clients per day. Blue Sky leverages the experiences and expert knowledge of consumers and family members and other interested members in the community. Blue Sky provides space and support for the NAMI family run support groups.

MHSA CORE CONCEPTS:

Please select MHSA core concepts embedded in services/ program:

(May select more than one)

Client/Family Driven Program

Community Collaboration

Integrated Service Experience

Recovery/Resiliency Orientation

Please describe how the selected concept (s) embedded :

Client/Family Driven Program: Blue Sky is a wellness, recovery, and resiliency center that provides peer driven education, stigma reduction, social activities and opportunities, volunteer opportunities, and support activities to address mental illness and/or behavioral health challenges to achieve recovery and wellness. Support for family members and other support persons of individuals living with mental illness is an integral component to the wellness and recovery for client populations being served through MHSA. Blue Sky provides space for the NAMI family support groups. The Peer Advisory Committee (PAC), which meets monthly, steers the planning for groups and activities as well as implementation of prevention and early intervention activities from the consumer and family member perspective. Kings View provides curriculum for group leaders to pull from and training on how to lead groups and consumers then take the lead.

Community Collaboration: A new case manager position (half time) was added to provide linkage to other services to address basic needs for consumers. Many consumers are linked to the PATH program for an assessment and to access needed mental health case management, psychotropic medication and housing services. The PATH case managers often co-locate at Blue Sky to expedite needed care.

Blue Sky collaborates with other agencies to provide the best support and services needed for consumers in the moment. The goal is to support clients and make appropriate initial placement. Some of Blue Sky’s collaborative partners are: Turning Point of Central California, West Care, Exodus, CBHC, Housing Authority, Room and Boards, Board and Care, FAX, Handy Ride, IHSS, General Relief (Social Services Dep.), DHHS, Social Security, American Payee, Supportive

Employment Education and Employment Services (SEES), Equal Opportunities Commission (EOC)-Work Force Connection and Employment Development Department (EDD), Poverello House, Catholic Charities, and Fresno Rescue Mission.

Integrated Services Experience: Kings View has so far been the first and only provider for Blue Sky Wellness Center since 2008, with the addition of Youth Empowerment Mini-Centers in 2010. In 2016 the TAY portion of Blue Sky was moved to “The Warehouse” at our Ashlan and Willow location so that younger (16 years instead of 18) individuals could benefit from the wellness center activities. Kings View also runs the Oak Wellness Center in Hanford and was recently awarded the Porterville Wellness Center contract in Tulare County.

Recovery Resiliency Orientation: The unique experience with the mentally ill and co-occurring population at Blue Sky supports the foundation that consumers can and do thrive in recovery and wellness and become contributing members of society when supported and allowed to do so. All team members are trained in teaching and coaching usage of the Wellness Recovery Action Plan (WRAP) model for everyday living. “choices and options” are determined by the consumer with empowerment the goal. Trainers are encouraged to adhere to WRAP values and ethics, including utilization of WRAP in their own lives and practicing self-regulation skills. Peers embrace peers by sharing their experience, strength and hope and by illustrating what recovery looks like and that it is achievable. All Blue Sky members have a safety plan so that they can detect a breakdown in their coping skills to respond before a mental health crisis occurs.

PROGRAM OUTCOME GOALS:

1. Consumers seeking to participate at Blue Sky will complete the intake and assessment process and begin orientation within one (1) operating day.
2. The cost per individual receiving services at Blue Sky will be monitored.
3. Blue Sky will serve approximately 100 consumers per day.
4. 50 % of active consumers will be engaged in volunteering for pre-employment readiness.
5. 50 % improvement in client involvement/participation in support group/activities.
6. A minimum of 300 completed satisfaction surveys per quarter will be collected with 350 surveys being distributed.
7. A minimum of 20 support groups and activities will be provided per week.

8. 80 percent (80%) of the identified 100 daily adult consumers/members at Blue Sky will engage in their own wellness and recovery by attending at least three support or activity groups per week as documented on the sign in sheets.
9. 75% of the adult members at Blue sky will complete the 6 week volunteer certification process and develop job readiness skills as demonstrated by sign in sheets and relevant supporting documents.

PROGRAM OUTCOME DATA/INDICATORS:

1. Blue Sky intake process takes approximately 15 to 30min., depending on the information a consumer provides. A consumer becomes a member the same day.
2. The actual cost per client was \$523.08
3. Blue Sky Wellness Center has served over 100 consumers/day during the fiscal year of 2015-2016.
4. Over 50% of active volunteers engage in pre-employment/job readiness program.
5. Over 50% improvement in client involvement/participation in support group/activities.
6. Over the last quarter, Blue Sky has completed over 350 Satisfaction Surveys: 367 Satisfaction Survey were completed and submitted
7. Provided over 25 support groups/activities per week.
8. Over 80% of the identified 100 daily adult consumers/members at Blue Sky engage in their wellness and recovery.
9. Over 75% of the adult members at Blue Sky completed the 6-week volunteer certification process.

Note: Blue Sky’s membership of the Deaf and Hard of Hearing Community has increased. The program began with 2 deaf consumers just a few months ago and the number of participants has increased to 16 and continues to grow. Blue Sky collaborates with the DHHSC Program (Fresno Headquarters, 5340 N. Fresno Street Fresno, CA 93710) to provide these services to the deaf and hard of hearing whenever possible.

Consumer Satisfaction Survey – Point in time survey distributed throughout April and May 2016

Actual

Question	n	Strongly Disagree	Disagree	Slightly Disagree	Neither Agree nor Disagree	Slightly Agree	Agree	Strongly Agree
Positive Influence	367	27	5	5	22	22	79	207
Friend or Family Member	367	28	5	3	21	20	100	190
Services	367	22	8	4	21	29	94	189
Mental Health	367	25	3	1	25	24	90	199

Future Use	367	22	4	5	24	31	80	201
Staff	367	26	6	6	19	18	80	212

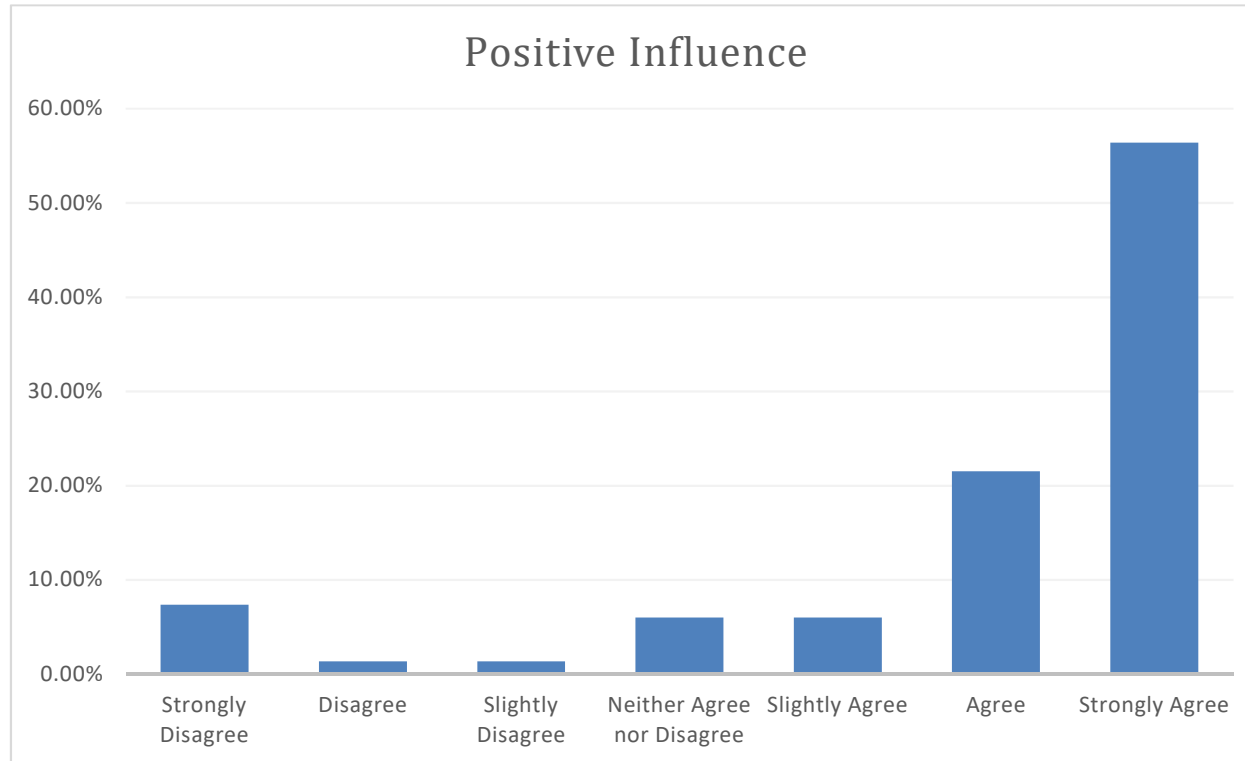
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Question	n	Strongly Disagree	Disagree	Slightly Disagree	Neither Agree nor Disagree	Slightly Agree	Agree	Strongly Agree
Positive Influence	367	7.36%	1.36%	1.36%	5.99%	5.99%	21.53%	56.40%
Friend or Family Member	367	7.63%	1.36%	.82%	5.72%	5.45%	27.25%	51.77%
Services	367	5.99%	2.18%	1.09%	5.72%	7.90%	25.61%	51.50%
Mental Health	367	6.81%	.82%	0.27%	6.81%	6.54%	24.52%	54.22%
Future Use	367	5.99%	1.09%	1.36%	6.54%	8.45%	21.80%	54.77%
Staff	367	7.08%	1.63%	1.63%	5.18%	4.90%	21.80%	57.77%

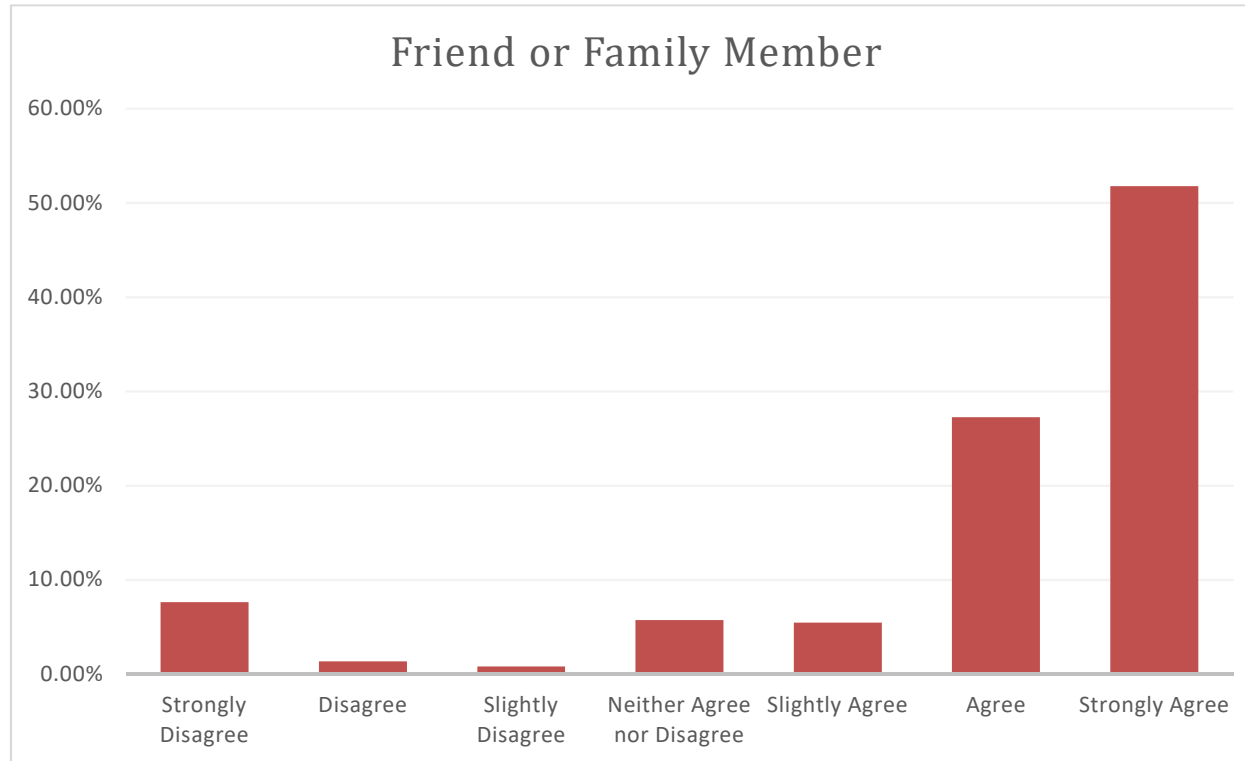
Overall % (Agree)

Positive Influence	84 %
Recommend family and friends	84%
Satisfied with services	86%
Maintaining Mental Health	85%
Future Use (repeat usage)	85%
Staff Support	85%

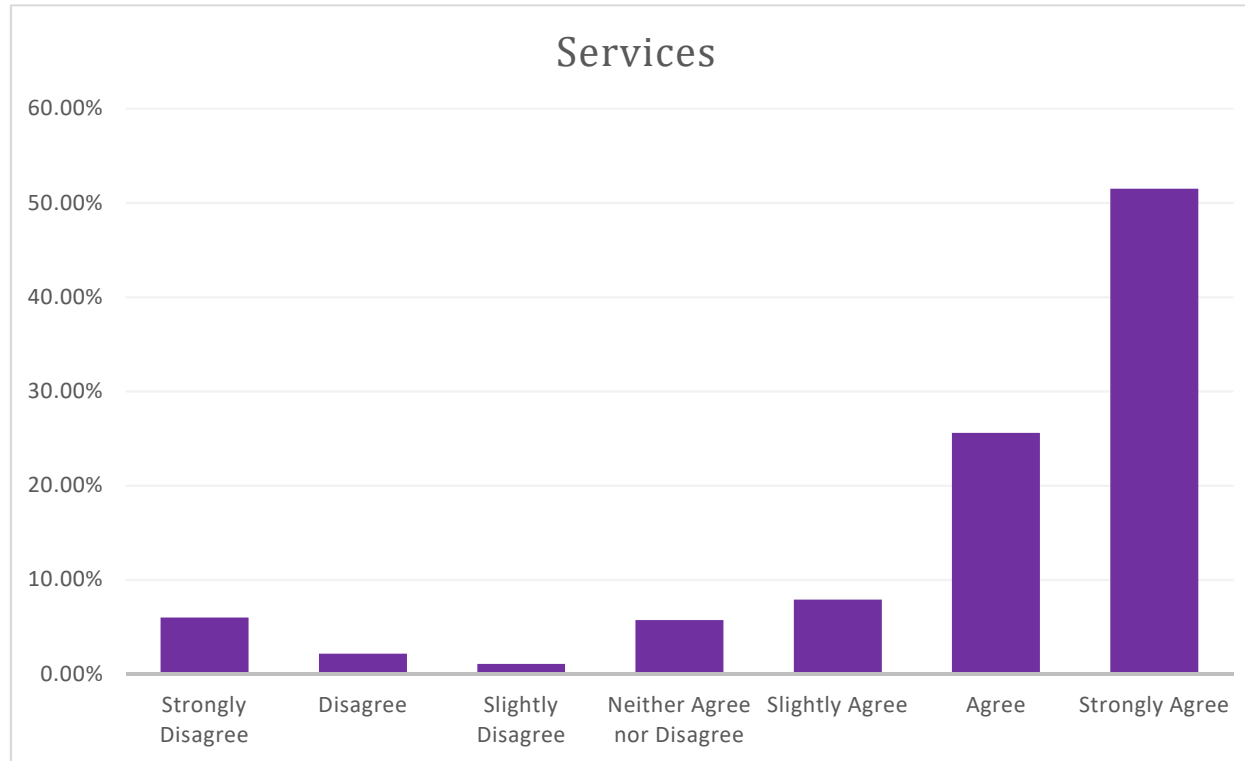
Positive Influence – The services provided by Blue Sky have been a positive influence in my life



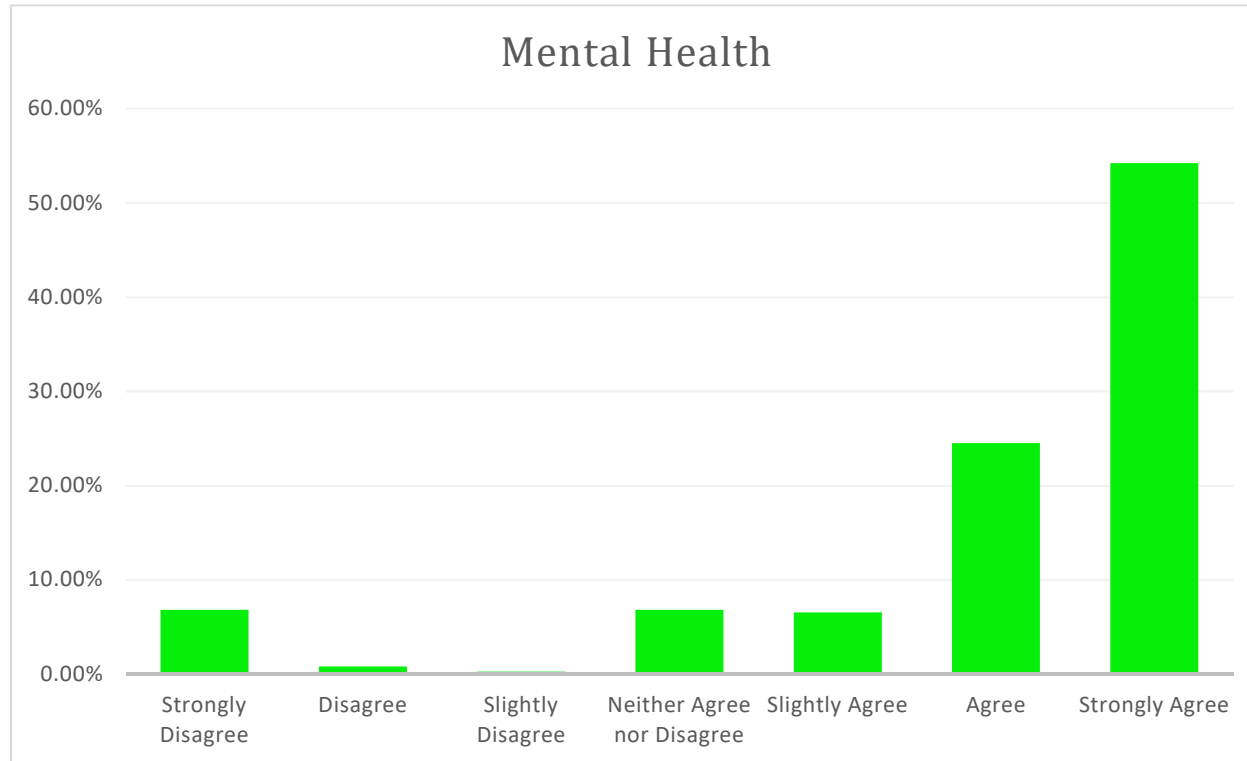
Friend or Family Member – I would recommend Blue Sky to a friend or family member



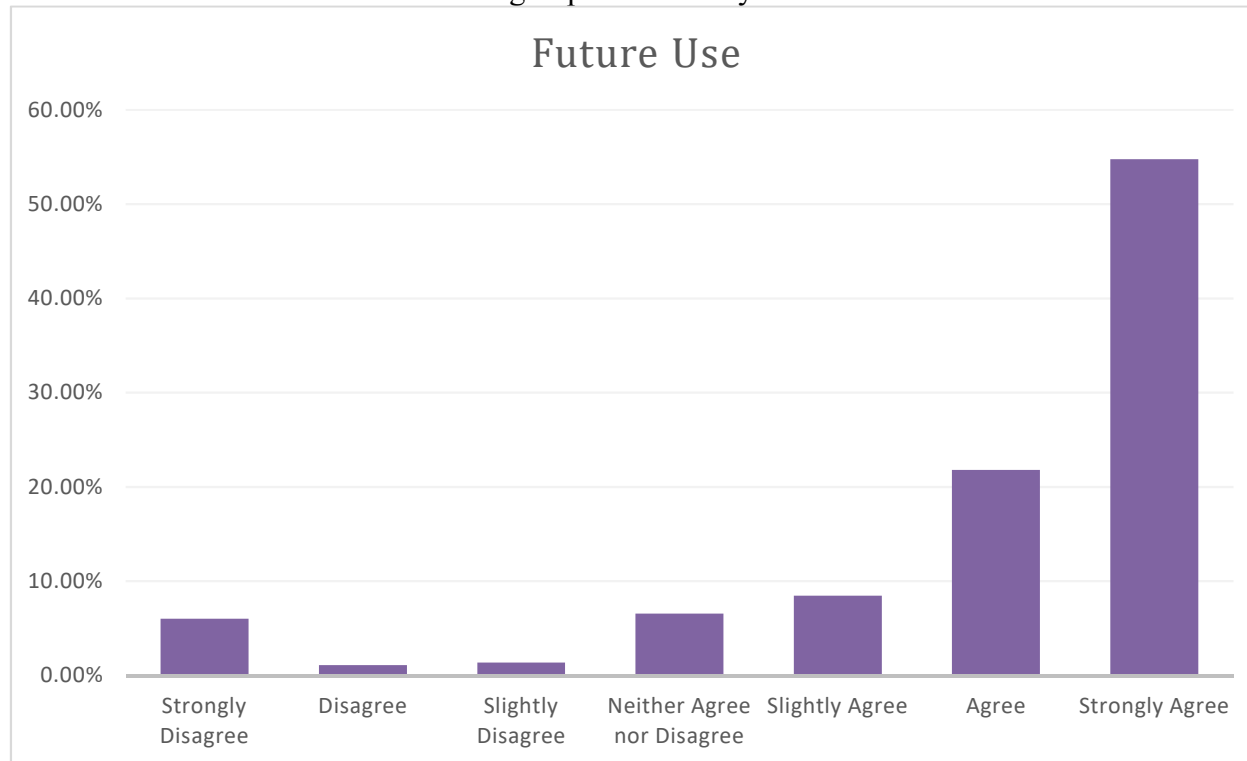
Services – I am satisfied with the services I have received from Blue Sky



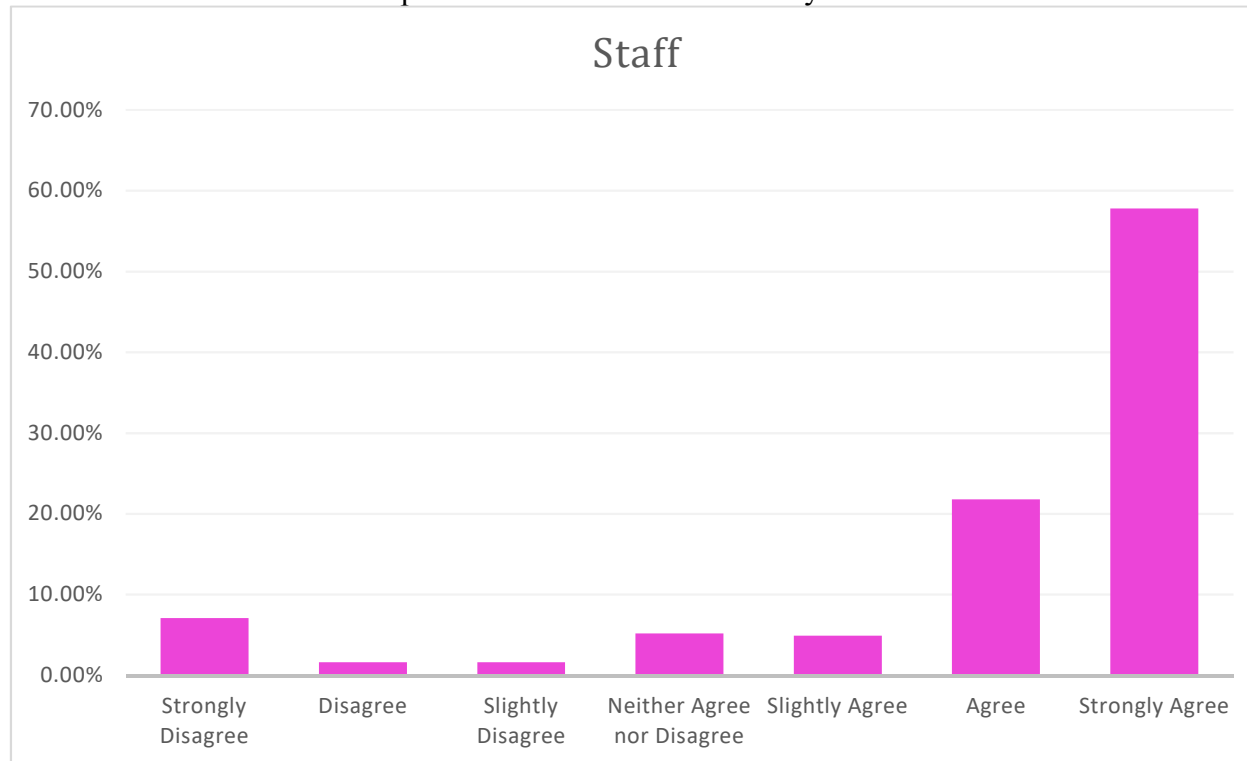
Mental Health – Blue Sky is an important factor in maintaining my mental health



Future Use – I will continue to attend groups at Blue Sky in the future



Staff – I am satisfied with the performance of staff at Blue Sky



Success Stories

“I have been going to Blue Sky since 2014. I have learned how to cope with things and my attitude has changed since I been coming to Blue Sky. I have learned how to advocate for myself and doing that I was able to represent myself and win SSI benefits after nine years of fighting. I also volunteer at Blue Sky and I never thought I would be able to do it, but now I volunteer full time.” –P.D.

“I have been coming to Blue Sky for eight years now. When I first walked into Blue Sky I felt lonely, scared, and had low self-esteem. I found out quickly that people at Blue Sky don't judge my diagnosis. A common bond is shared because everyone has a diagnosis. I started to make friends and started going to group. I have learned how to cope with my eating disorder, PTSD, depression, and my self-esteem. Thanks to Blue Sky. I am able to check in with staff when I am struggling. Blue Sky has given me a lot of support.” –T.H.

“We have grown a lot at Blue Sky. We learn a lot about myself. Then the sign language group was added to Blue Sky. Now we are able to go to group and it helps me grow. We are able to express our true self by signing and being able to be me. I feel a lot more freedom to sign as we talk with the Blue Sky staff and members. My doors have opened for me. WE feel that we have a lot of improvements. For example we have learned to watch our food, eat healthy, exercise, and not quit if we fall down.” –J.C.

“Growing up disabled, came with a lot of hardship. Being teased because of my differences caused me to feel really bad about myself. I turned to alcohol and drugs to escape reality. Escaping reality led to jail, probations and fines. It wasn't until I started going to Blue Sky Wellness Center and began to volunteer that things began to get better. Attending groups gave me the tools needed to advocate and navigate the mental health system... Today, I am able to enjoy my freedom and peace of mind. I like being responsible for my own actions. I wouldn't be where I am today if I hadn't realized I had value and worth as a person. I share my story regularly to encourage other people to reach out for help and to know that they are not alone.” -E.P.V.

Blue Sky Wellness Center has many more success stories to share. They can be provided as needed or requested.

DEPARTMENT RECOMMENDATION(S):

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